

# Pulled Lamb Shank Tacos with Pineapple-Tomatillo Salsa

Yield: 5 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-lamb-shank-recipe>

## Ingredients:

- 4 lamb shanks generously seasoned on all sides with salt and pepper, mine were about 4.8 lbs. total
- 3 tablespoons olive oil
- 1 sweet onion large, chopped
- 2 medium carrots chopped
- 2 serrano chiles stemmed, seeded, and minced
- 2 cloves garlic minced
- 3 bay leaves dried
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 cup pineapple juice freshly squeezed, if possible
- 1 cup pineapple Ballast Point, Sculpin IPA or another beer of your choice
- 1 cup chicken broth
- 1/2 teaspoon salt
- 2 tablespoons white vinegar
- 1 cup pineapple coarsely chopped
- 6 tomatillos coarsely chopped, mine were about 14 to 15 oz.
- 1/2 cup white onion chopped
- 1 serrano pepper stemmed, seeded, and chopped
- 1/2 cup cilantro packed
- 1 teaspoon salt
- 8 ounces pepper jack cheese grated
- 3 cups green cabbage thinly sliced
- 40 corn tortillas depending on their size and whether you plan to double them up

## Nutrition:

1. Calories: 1430 calories

2. Carbohydrate: 117 grams
  3. Cholesterol: 270 milligrams
  4. Fat: 70 grams
  5. Fiber: 16 grams
  6. Protein: 86 grams
  7. SaturatedFat: 29 grams
  8. Sodium: 1310 milligrams
  9. Sugar: 21 grams
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